

Conference Paper

The Proportion of Mental Health Disorders by Gender in the North Buton Regency in the 2019-2021 Period

Iwan¹, Ramadhan Tosepu^{2*}, Devi Savitri Effendy²¹Student of Postgraduate Program of Public Health, University of Halu Oleo, Indonesia²Faculty of Public Health University of Halu Oleo, Southeast Sulawesi Province, Indonesia**Abstract.**

The development of science and technology and the differences in each region have caused many changes in the aspects of human life, both physical, mental, and social. It can limit people's ability to achieve satisfaction and well-being in life as it often causes pressure or difficulty. The study objective is to describe the proportion of mental disorders by gender in the North Buton Regency during the 2019-2021 period. This is a survey research using data from the health report of the Health Office of North Buton Regency in the period of 2019-2021, which includes data on the malaria cases by gender. The research sample is people with mental disorders. The type of research data is numerical. The research data is presented in the form of a graph with narration. The number of cases of mental disorders in the North Buton Regency based on gender has a distribution in that men with mental disorders is higher than women.

Keywords: Mental Disorders, Gender, Male, Female, North Buton Regency

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1. INTRODUCTION

Mental health is one of the aspect that's should be achieved. According to the Mental Health Law no. 3 of 1996 state that it is a condition that allows optimal physical, intellectual, emotional development of a person and this development runs in harmony to others [1, 2].

Mental disorders are closely related to daily life, such as personality disorders, always suspicious, always wanting to attract the attention of others to the tendency to violate existing norms [3–5]. Symptoms of mental disorders include sleep disturbances, easily startled, excessive anxiety, difficulty concentrating, frequent palpitations, and physical disturbances, such as diarrhea and abdominal pain [4, 6, 7].

According to the World Health Organization (WHO) 2012 estimates that 450 million people worldwide experience mental disorders, about 10% of adults currently experience mental disorders and (25%) of others experience mental disorders at a certain age during their lives [8, 9]. The latest WHO study in 14 countries showed that in developing countries, around 76-85% of cases of mental disorders were severe and could not

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receive any treatment. Based on research data in 2010 in Indonesia, it shows that the prevalence of mental disorders nationally reaches (5.6%) of the total population, in other words it shows that in every 1000 people there are four to five people suffering from mental disorders [10].

Mental disorders is such a clinical and social problems that must be addressed immediately because they are very disturbing to the community such as behavioral deviations Data from the Ministry of Health of the Republic of Indonesia in 2010, the total number of people with mental disorders in Indonesia reached more than 28 million people, with the category of mild mental disorders 11.6% and 0.46% suffering from severe mental disorders or 46 per mile [11].

Davies [10] mentions that individual socio-demographic factors can be a risk for mental disorders such as marital status, age, employment status, education level. Some additional factors are unmarried people, low education level, male gender, age of adulthood, unemployment and low education [12].

Based on this phenomenon, this study was conducted to describe the proportion of mental disorders by gender in North Buton Regency for the 2019-2021 periods

2. METHODOLOGY OF THE STUDY

The type of this research is a survey research using health report data from the North Buton Regency Health Office for the period 2019-2021 involving data on the incidence of mental disorders by gender. The research sample is people with mental disorders. The type of research data is numerical, then the research data is presented in the form of a graph accompanied by a narration.

3. RESULT OF THE STUDY

The research result is presented using a bar chart with explanation that can be presented as follows:

Figure 1 shows that the number of cases of mental disorders in the North Buton Regency based on male gender in 2019 was the highest at the Waode Buri Health Center with 9 cases, in 2020 the highest at the Lambale Health Center 19 cases, then in 2021 the highest at the Kulisusu Health Center as many as 19 cases.

Figure 2 shows that the number of cases of mental disorders in North Buton Regency based on female gender in 2019 was the highest at the Lakansai Health Center with

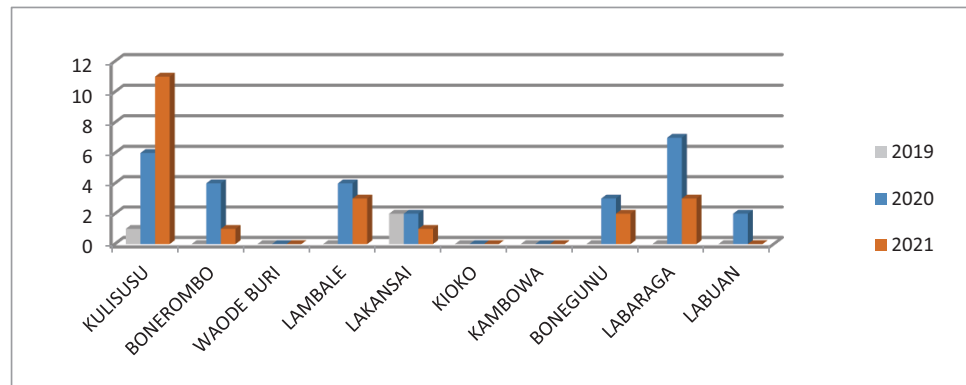


Figure 1: Number of Mental Disorders in the North Buton Regency by Male Gender in the 2019-2021 Period.

2 cases, in 2020 the highest was at the Labaraga Health Center 7 cases, and then in 2021 the highest was at the Kulisusu Health Center with 11 cases.

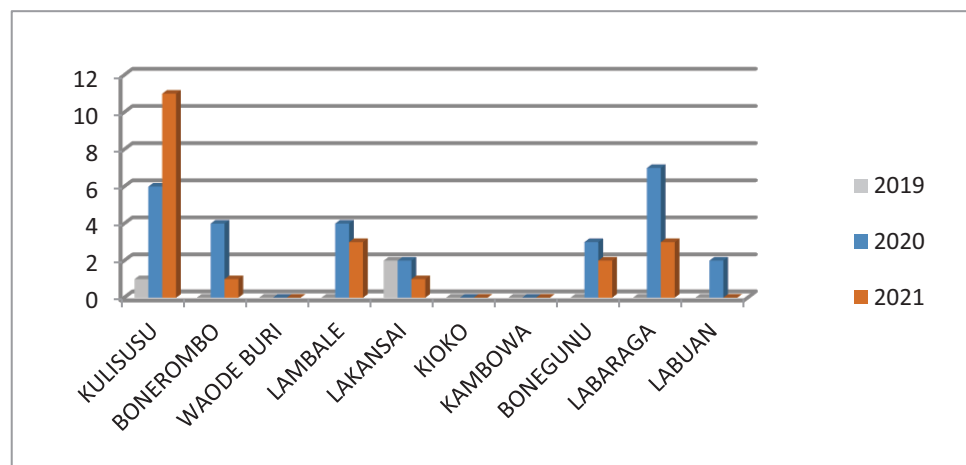


Figure 2: Number of Mental Disorders in the North Buton Regency Based on Female Gender for the 2018-2020 Period.

4. DISCUSSION

The number of mental disorders cases in the North Buton Regency based on gender showed that men with mental disorders is higher than women. In line with the research by Agung Wahyudi and Arulita Ika Fibriana [13] stated that the male sample had 6.038 times the risk factor for schizophrenia compared to the female sample.

According to Adamo's theory [14], boys have a tendency to show a high risk of developing schizophrenia because men tend to have excessive production of stress hormones. In line with Thorup's study [15] in Denmark in a population with an age range of 17-40 years found that the incidence rate for males was greater (1.95%) than females

(1.17%). Similarly, a study by Erlina [16] showed that the majority of schizophrenia was experienced by men with a proportion of 72% where men had a 2.37 times greater risk of experiencing schizophrenia (p value = 0.011).

In contrast to women who stay at home more often, men in the North Buton Regency prefer to migrate to other areas to find work. This certainly adds to the environmental stressor in men due to the differences found in the new environment.

In addition to gender factors, other factors such as inadequate socio-economic conditions can make a person depressed so that if a person's mental resilience cannot withstand it, it will be a risk for someone to develop mental disorders. At the research location, especially the working area of the Kulisusu Health Center, the people's livelihoods tend to be gardening and fishing in the sea so they are very vulnerable to life pressure due to uncertain income.

5. CONCLUSION

The number of mental health disorders cases in the North Buton Regency by gender is dominated by men. In 2019 the highest cases was at the Waode Buri Health Center with 9 cases, in 2020 the highest was at the Lambale health center 19 cases, and in 2021 the highest was in Kulisusu Health Center as many as 19 cases.

The results of this study can have implications for efforts to improve the quality of health services, especially providing psychological counseling to at-risk communities, especially men.

6. AUTHOR CONTRIBUTION

The authors have contributed on this research.

7. ACKNOWLEDGMENTS

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